

Greetings from the SD Diabetes Prevention & Control Program (DPCP) and welcome to the January 9th edition of the "DPCP FYI". Each FYI is received by over 400 diabetes care professionals in and around South Dakota. If you have trouble with the links or attachments, the e-bulletin is also posted on the DPCP website at <http://diabetes.sd.gov>. If you have suggestions for improvement to the FYI or if I can otherwise be of assistance, please let me know.  
Colette

This issue's topics~

- **Healthy Challenge: 3 Dairy A Day**
- **Wellmark Foundation's 2007 Request For Proposals**
- **Joslin Diabetes Center's Free Online Educational Videos**
- **Health Literacy Resources**
- **AADE Webinars**
- **Childhood Obesity Conference in Sioux Falls**
- **Free Disaster Preparedness Guide for People with Diabetes**

### **Healthy Challenge: 3 Dairy A Day**

Looking for a New Year's resolution you can keep? Try increasing your dairy consumption to three cups a day with the 3 Dairy A Day online challenge. It's a small change in diet that can improve your health and reduce your risk of chronic disease.

People can join the 3 Dairy A Day Challenge as individuals or challenge family, friends or co-workers to compete as teams by registering at [www.healthysd.gov](http://www.healthysd.gov). The challenge runs January 15 through February 15 and participants will be able to start logging their daily dairy consumption beginning January 15. Sign up begins now so get your team together today!

Participants who register for the challenge receive a magnetic grocery list pad provided by the Midwest Dairy Council. At the close of the competition, a selection of individuals completing the challenge will be randomly chosen to receive baskets of dairy products and other merchandise donated by the Midwest Dairy Council and South Dakota dairy producers.

To sign-up or to learn more about the challenge, go to [www.healthysd.gov](http://www.healthysd.gov) and click on "3 Dairy A Day Challenge" or call the Department of Health's Office of Health Promotion at 605-773-3737.

### **Wellmark Foundation's 2007 Request For Proposals**

The Wellmark Foundation's 2007 health improvement agenda focuses on community initiatives that measurably improve health status of lowans and/or South Dakotans through the continuation of funding within the priority areas of **depression, diabetes, end-of-life care, and health literacy**. Dates of the 2007 deadlines are:

- February 13, 2007 (community responsive, large grant, cycle 1)
- April 17, 2007 (mini-grant cycle)
- June 19, 2007 (community responsive, large grant, cycle 2)
- September 12, 2007 (capacity-building cycle)

Information about the the 2007 request for proposals (RFP) is posted at [www.wellmark.com/foundation/apply/eligibility.htm](http://www.wellmark.com/foundation/apply/eligibility.htm)

The Wellmark Foundation is holding community meetings in South Dakota for those interested in learning more about making an application. Meetings in South Dakota will be held January 10 in Pierre, and January 11 in Sioux Falls. Specific times and locations are listed at [www.wellmark.com/foundation/index.asp](http://www.wellmark.com/foundation/index.asp). It is not necessary to register for attendance at any of the community meetings. Please consider attending to learn more about 2007 changes to the application process and scoring tool. Also, feel free to contact the Wellmark Foundation at anytime throughout the year to discuss your project idea.

### **Health Literacy Resources**

Health Literacy is defined as the capacity to obtain, process and understand basic health information and services needed to make appropriate health decisions. A large number of tools, resources and reports can be found at [www.health.gov/communication/literacy/](http://www.health.gov/communication/literacy/). Of special note is the **Quick Guide to Health Literacy** found at [www.health.gov/communication/literacy/quickguide/](http://www.health.gov/communication/literacy/quickguide/). It contains a basic overview of key health literacy concepts, techniques for improving health literacy through communication, navigation, knowledge-building, and advocacy; examples of health literacy best practices; and suggestions for addressing health literacy in your organization.

### **Joslin Diabetes Center's Free Online Educational Videos**

The Joslin Diabetes Center now offers free online educational videos to help people with diabetes better manage the disease. These videos are available at [www.joslin.org/managing\\_your\\_diabetes\\_3114.asp](http://www.joslin.org/managing_your_diabetes_3114.asp) and feature six internationally recognized Joslin physicians.

### **AADE Webinars**

The American Association of Diabetes Educators (AADE) is presenting a series of monthly webinars designed to provide you with timely, indepth knowledge on the latest trends and topics in diabetes education. Further information is available at [www.aadenet.org/ContinuingEducationCE/webinars.shtml](http://www.aadenet.org/ContinuingEducationCE/webinars.shtml).

### **Healthy Lifestyles for Kids Conference in Sioux Falls**

The Growing Healthy Initiative in Sioux Falls has partnered with the American Heart Association and the American Diabetes Association to present a conference to parents, grandparents, childcare providers, educators, and others on issues related to childhood obesity. The conference, titled **Healthy Lifestyles for Kids** will be held March 10th in Sioux Falls. Learning objectives are:

- Identify the serious effects of obesity on the health and well being of individuals and families;
- Outline the use of behavioral/lifestyle improvement techniques in relation to obese children in all age groups;
- Understand the mechanics of developing local partnerships meeting the local public service agreements;
- Outline interventions at primary and referral levels for the prevention of obesity.

Hands-on activities and lectures will be held on the following topics: How to Feed Picky Eaters, Grocery Shopping-Managing the Aisles, Meal Planning-Quick & Easy Healthy Family Meals, Healthy Snacks-Not Just Carrots and Celery, Planning Healthy Kid Parties, Physical Activities for the Entire Family, and Emotional Effects of Overweight Kids. Cost is \$12 (lunch included) and scholarships are available to those in need. Pre-registration will be at

[www.healthysiouxfalls.org](http://www.healthysiouxfalls.org) and further information is available from Denise Nelson, Growing Healthy Coordinator, at 575-1695.

**Free Disaster Preparedness Guide for People with Diabetes**

The SD DPCP and the SD Office of Public Health Preparedness and Response purchased copies of an American Diabetes Association publication called ***The Disaster Preparedness Guide for People with Diabetes***. ADA describes the tool-"Taking the time to take care of your diabetes during an emergency ensures that you'll be in the best position to deal with the crisis. This booklet will help you think through issues, build an emergency kit, and come up with a response plan." Contact Colette if you'd like to receive copies of the tool free of charge.

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